

President Update to FRC Members

October 21, 2022

Hi All FRC Members

First of all, my apologies for not sending out an August/September Update. With my responsibilities with the ASICS Falmouth Road Race and Directing the Mayflower Wind Cape Cod Marathon Weekend, time just got away from me. So, there's a lot to cover. Pardon me for including some things that are "Yesterday's News" at this point.

Summer Party

It seems like a long time ago, but back on July 30, the FRC Summer Party was held at Liam Maguire's Irish Pub in their outside back location. There was plenty of food and drink and many people were able to bring home doggie bags. To be honest, the attendance wasn't quite what we were hoping for, but we have to remember that it's hard to get a large group together on a Saturday afternoon on the Cape when so many other activities are taking place and family get-togethers are happening.

Youth Running Camp

The annual FRC Youth Running Camp was conducted at the Falmouth High School Track and surrounding area. [Anne and Jim Preisig](#), along with assistant coaches [Chris Langlais](#), [Hannah Mark](#) and [Jason Cullinane](#) ran a very successful camp this year. Roughly, about 120 kids participated. Nice job everyone!

Youth Competitive Running

In September, Falmouth High School Senior running phenom and FRC Member, [Henry Gartner](#), won his first Cross Country race of the year at the MSTAC Frank Kelley Invitational 5K in Wrentham, MA in a course record time of 15:22. Henry used his experience, strong training regimen and race strategy to hold back a bit for the first 3 1/2K and then gradually reel the leaders back to eventually win. Congratulations on a great start to the XC season, Henry!

Youth Competitive Running Coaching

After many years of leading the effort to successfully build and maintain a highly competitive group of youth runners, [Ken Gartner](#) has decided to step down. Please join me in thanking Ken for his tireless dedication to this effort. He will be sorely missed. Look for details of the success that Ken and his group have achieved over the years in my November Update.

Friday Night 5 Miler

No worries, [Ken Gartner](#) will not be leaving Falmouth. He will continue to coordinate the Friday Night 5 Miler on Friday evenings, as he has done for many years. This summer saw many out of towners come to race with the locals. As we have moved into the fall, this

mainstay of the Falmouth running community will continue every week throughout the year, regardless of weather, so get out there and enjoy running with fellow FRC members.

ASICS Falmouth Road Race, The 50th

In the weeks leading up to this race, FRC member **Tasha Whited** volunteered to coordinate Thursday evening training runs along the FRR race course between Mill Road and the finish line. I'm sure those of you who participated in these runs appreciated Tasha's efforts. Nice Job!

The race itself turned out to be very successful, despite the somewhat warm, dare I say hot, weather. As she always does, the Executive Director of the race and FRC member **Jennifer Edwards**, did a phenomenal job coordinating all of the activities. Dignitaries from many years past came back to help celebrate what legendary Tommy Leonard started so many years ago. I know a lot of you ran and we had some great performances by FRC members, especially **Henry Gartner** and **Chris Langlais**.

The traditional follow-up race, the **Shipwrecked Falmouth in the Fall**, is scheduled for **Sunday, November 6**. Although registration is closed, you'll still be able to volunteer at [Volunteer - Falmouth in the Fall](#)

Last Long Run

The Club hosted a "Last Long Run" out of the FRC office on Saturday, September 10. **Kathy MacDonald** did about 99.99% of the work to coordinate this event that was intended to give local runners a chance to run on part of the marathon and Half Marathon courses prior to the actual races. Two water stops were out on the courses and plenty of food and drink were supplied to runners back at the office upon completion of their run. 22 runners participated and by all accounts everyone had a good time despite the warm weather.

Mayflower Wind Cape Cod Marathon Weekend – October 1, 2

Well, after a three-year absence, we were once again able to decorate Main Street with 40 Pole Banners and conduct the 2022 Mayflower Wind Cape Cod Marathon Weekend Event. 2019 was the last year we were able to conduct this event. Our friend, COVID wiped out the 2020 event and Mother Nature's brutally devastating storm ended all hopes for the 2021 version. We came back stronger than ever this year with record numbers of registrations for the Marathon and Half Marathon. Also, the 5K was finally able to make its debut.

Congratulations to **Kathy MacDonald** and **Jill Polvinen** on their efforts in coordinating all of the activities at the Runners' Expo and Bib Number Pickup. They did a super job with the runners, vendors and volunteers. Thank you both.

The race day festivities on both Saturday and Sunday were started off with an amazing singing of the National Anthem by our own **Tasha Whited**. If you missed it, you missed a rendition that was second to none. Thank You, Tasha!

Yes, we did have rain on Saturday for the Half Marathon and 5K, but that didn't dampen the spirits of the runners. I want to thank all of the volunteers who stood out in the rain to

direct and cheer the runners along the course and the volunteers who manned the stations in the start/finish area. We have received many, many complimentary emails and phone calls from runners who expressed their thanks to all of our great volunteers.

Sunday arrived dry for the Full Marathon, Relay and Kids' Fun Run. There was a bit of wind, but overall, it was a pleasant day for a stroll along the beautiful Falmouth coastline. Overall, everything went well. Runners were happy, volunteers were happy and spectators were happy. Of course we had two days of **Chef Stephen Bird's** now famous soup and Clam Chowdah. We even had a guest announcer each day with FRC member **Julianna Coughlin** taking over the announcing and color commentating as runners crossed the finish line. She certainly ratcheted up the enthusiasm and excitement in the start/finish area. Based on the positive comments from all who could hear her, we expect this may turn into an annual activity for Julianna.

My apologies if I have left anyone out, but here is the list of FRC Members, as I know it, who participated any of the races over the weekend.

5K

Julianna Coughlin, Dan Jamroz

Half Marathon

Chris Langlais, Dori Gray, Lindsay Benson, Diana Clark, Adria Bodell, Lenny Collins, Erin Lyons, Cameron Day

Marathon

Anne Preisig, Hannah Mark, Alexandra Solimano, John Turner

Chowdah Challenge

Jason Hyatt

FRC Relay Team

Mary Ryther, Jim Tietje, Wayne Struck, Julianna Coughlin, Helen Malinowski

Congratulations to all!

Overall Registrations for the weekend races were:

Marathon – 1,224

Half Marathon – 2,266

Chowdah Challenge – 81

5K – 299

Relay Teams – 110

Relay Team Members - 348

Kids' Fun Run – 116

Total – 4,444

We had runners from 45 U.S. states and 7 countries.

Race dates for 2023 are October 7 & 8.

Fun Runs at Aquatic Brewery

As the fall season rolls along and the dust is settling with the CCM, the FRC will once again be donating pizza to [Alex and Greg](#) at **Aquatic Brewing** and their 5,000 Meters Nearby the Sea run every Sunday 11:30 AM. We expect to start this on Sunday, October 30.

We hope some of you were able to attend their Oktoberfest celebration during the CCM weekend. Due to the breakdown of everything after the CCM, I didn't get there until Sunday evening, but was still able to enjoy a couple of beers with a few runners. My favorite seems to be the Defendable Ale. Yours?

Remember to checkout their website for details on upcoming events. [Home — AQUATIC BREWING](#). Also, if you haven't done it yet, sign up for their mailing list.

Women's Fitness Initiative

This initiative is picking up steam again after a slow period due to the FRR and CCM races. [Mary Tolland](#) has arranged for an Instructional Boxing class at the Sweat Studio, next door to the FRC Office. This will be held on Wednesday, November 2 at 6:30 PM.

Mary has also scheduled "Walk and Talks" on Sunday mornings at 7:30 AM starting at the FRC Office. The dates are 10/30, 11/13, 11/27, 12/11, 12/18. Look for more details on these events in emails from Mary. If you have any questions, you can reach her at Mct57@aol.com.

FRC Board of Directors Openings

The FRC Board of Directors consists of nine members. There are four officers; President, Vice President, Secretary and Treasurer. There are five At-Large members, each of whom have a specific role to play within the Club. Each position has a two-year term that can be extended for a second term. One year, two of the officer positions and either two or three of the At-large positions expire. The following year, the other positions expire.

At the end of this year, the President and Secretary positions will expire. Kathy MacDonald, the Club Secretary and Jack Afarian, the Club President, have expressed an interest to stay on for another two-year term. If no other Club member wants to take over either of these two positions, Kathy and Jack will remain in their current positions.

Two of the At-Large member positions will become open at the end of this year. This will be a great opportunity for any Club member who is interested in getting more involved with the Club to step up into one of these positions and be part of the decision-making Board of Directors. New people with new ideas are what will keep our Club vibrant.

If you do want to make a difference and wish to become a new member of the FRC Board of Directors, please email me (Jack Afarian) at president@falmouthrunningclub.org.

FRC Spring Races

I know we're not yet even into winter, however it's not too early to be on the lookout for the great spring races conducted by the FRC. We will be updating our website soon with 2023 information on all 4 of these races. The races and their respective Race Directors are:

- **Seagull Six Spring Classic** (March)– **Mike Norton**
- **Cape Cod Trail Race** – (April) **Matt Auger & Chris Risko**
- **Women Run Cape Cod 5K** – (May – Mother's Day) **Mary Tolland**
- **Surf Drive Mile** – (May) - **Need a Race Director**

Camy 5K Run and David 5K Walk

FRC Member, **Paul Clerici** has been involved with this race since its inception. If you might be interested in running and supporting the cause, you can find out information below.

USATF-certified 22nd annual Camy 5K Run & David 5K Walk in Walpole on Sat., Nov. 12, at 10 a.m. Register either online (www.active.com/walpole-ma/running/distance-running-races/camy-5k-run-and-david-clerici-5k-walk-2022 or www.paulclerici.com/camydavid5k) or by mail (pdf at www.paulclerici.com/camydavid5k) at Camy 5K Run, c/o Paul Clerici, P.O. Box 99, South Walpole, MA

Race Walking Anyone?

If you, or someone you know, are interested in starting/joining a Race Walking group, please reach out to FRC member Cliff Calderwood at cliff.jazzdog@gmail.com

FRC Merchandise

As always, all FRC merchandise is available for purchase from the FRC website or in person at the FRC office. You will be able to either pick up your gear at the FRC office or have it shipped to you.

Last, But Not Least

Our Falmouth Running Club is, and always will be, as good (or great) as our members. It's our participation in club activities and our suggestions on how to make improvements that will keep us moving forward.

As always, if anyone reading this update has any comments, questions, concerns, recommendations, complaints, compliments or anything else, please email them to me at president@falmouthrunningclub.org. I will respond to you as soon as possible.

Respectfully,

Jack Afarian
President
Falmouth Running Club